

Railroad Fatigue Education Website



Project Description:

In collaboration with internationally and nationally-recognized organizations dedicated to public education about sleep, this jointly funded RDV/RRS project will develop a public interactive Web site tailored to industry needs that will:

- Encourage self-identification and follow-up treatment of potential sleep disorders, motivating people to take remedial action; and
- Raise awareness of the role and significance of sleep, circadian rhythms, and lifestyle activities on fatigue and performance;
- Provide practical education strategies and tools to help individuals improve quality and quantity of sleep to lessen fatigue and improve performance.

Railroad Impact:

- Fatigue in the Transportation Industry is a pressing problem that has been singled out by the NTSB as a high priority for education and research since 1990.
- While it is difficult to estimate the exact number of rail accidents that have fatigue as a causal or contributing factor, there is no doubt that operator fatigue is a critical issue.
- The goals of this effort are to: 1) develop a sleep disorders screening tool for railroad employees, 2) help individuals identify and manage both personal and organization causes of fatigue; and 2) demonstrate the effectiveness of a web-based tool for changing behaviors that affect fatigue.

FRA Task Monitor: M. Coplen, RDV32

Schedule:

- FY08
 - Design website
 - Implement sleep disorder screening tool
- FY09
 - Pilot test preliminary website content
 - Begin implementation of remaining website content
- FY10
 - Continue implementation
 - Pilot test full website content
 - Begin evaluation activities
- FY11
 - Establish use and usefulness of website for transmission of educational materials
 - Evaluate effectiveness and impact